

Dublin Senior Center  
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Dublin, CA 94568  
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Open Heart Kitchen (OHK) Senior Meal Program is funded, in part, by the City of Dublin, Kaiser Permanente and the Alameda County Area Agency on Aging.



# November 2020 Senior Lunch Menu

Lunch during Shelter in Place - takeout only  
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

11:30am - 12:15pm

Suggested Donation: \$3.00 unless otherwise noted  
Donate online: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)  
Donate by mail: 1141 Catalina Dr. #137, Livermore, Ca. 94550

Senior Lunch Program eligibility: 60+ years  
**Annual Registration and  
Daily Lunch Reservations Required:**

Reserve lunch by 1:00pm, at least one business day prior (for Monday meals, reserve by Friday) and up to 6 weeks in advance

**Reserve lunch by calling 925-500-8241**

Drop-in lunch at 12:00pm, subject to availability  
Menu subject to change without notice  
Soup and 1% milk served daily

Vitamin A Source \*    Vitamin C Source +    High Salt #    Spicy @  
\*\* = Menu has changed since first print

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chef's Choice Soup</b>	<b>Chef's Choice Soup</b>	<b>Vegetarian Soup</b>	<b>Chef's Choice Soup</b>	<b>Chef's Choice Soup</b>
<b>Nov. 1</b>	<b>Nov. 2</b>	<b>Nov. 3</b>	<b>Nov. 4</b>	<b>Nov. 5</b>
Kung Pao Pork Seasoned Brown Rice Seasonal Vegetables Seasonal Fruit	Brown Sugar Baked Chicken Classic Rice Seasonal Vegetables Wheat Roll Seasonal Fruit	Beef Pot Roast with Mushrooms Egg Noodles Seasonal Vegetables Seasonal Fruit	Chicken Caesar Salad Wheat Roll Seasonal Fruit	Three Cheese & Ham Pasta Bake Seasonal Vegetables Wheat Roll Seasonal Fruit
<b>Nov. 9</b>	<b>Nov. 10</b>	<b>Nov. 11</b>	<b>Nov. 12</b>	<b>Nov. 13</b>
Chicken with Rosemary Sauce Boiled Red Potatoes Seasoned Peas Seasonal Fruit	Creamy Macaroni & Cheese Seasonal Vegetables Seasonal Fruit	<b>CLOSED for the HOLIDAY</b>	Brown Sugar Glazed Ham Sauce Texas Ranger Baked Beans Cauliflower & Broccoli Wheat Roll Seasonal Fruit	Zesty Spaghetti Seasonal Vegetables Seasonal Fruit
<b>Nov. 16</b>	<b>Nov. 17</b>	<b>Nov. 18</b>	<b>Nov. 19</b>	<b>Nov. 20</b>
Cheese Dog Steak Fries Seasonal Vegetables Seasonal Fruit	Vegetable Frittata Sweet Potato Fries Seasonal Fruit	BBQ Chicken Baked Beans Seasonal Vegetables Wheat Roll Seasonal Fruit	Anti-Pasta Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper) Wheat Roll Seasonal Fruit	Chicken Enchilada Casserole Black Beans Seasonal Vegetables Seasonal Fruit
<b>Nov. 23</b>	<b>Nov. 24</b>	<b>Nov. 25</b>	<b>Nov. 26</b>	<b>Nov. 27</b>
Beef Pot Roast with Mushrooms Egg Noodles Seasonal Vegetables Seasonal Fruit	Pork Carnitas Arroz Rojo (red rice) Seasonal Vegetables Seasonal Fruit Wheat Roll	Turkey with Herb Gravy Cornbread Stuffing Green Bean Casserole Wheat Roll Pumpkin Spice Cookie	<b>CLOSED for the HOLIDAY</b>	<b>CLOSED for the HOLIDAY</b>
<b>Nov. 30</b>				
Chicken Cacciatore Pasta w/ Garlic & Herbs Broccoli & Cauliflower Wheat Roll Seasonal Fruit				